

CO DEPENDENCY FOR DUMMIES%0A

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Codependency is much more widespread than originally thought. You don't even have to be in a relationship. Codependents have trouble accepting themselves, so they hide who they are to be accepted by someone else."Codependency for Dummies" is the most comprehensive book on the topic to date.

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Goals of Recovery from Codependency - dummies

Reading about and understanding codependency and how you came to be codependent are important, but taking risks

and behaving differently actualizes your understanding and changes you. Taking action doesn't mean jumping in to fix a problem.

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